

Peay Professor Resource: "I Care" Messaging

November 2020



Hello Faculty,

COVID-19 has created challenges for all of us. One of the biggest is staying connected with students while face-to-face formats are limited at best. "I Care" Messages provide a quick and easy way to encourage, empathize with, and be a trusted resource for students. It's as easy as 1-2-3...

1. Select any "I Care" Message below
2. Copy & Paste to your D2L Course Shell Announcements (title & content are provided, but feel free to tailor or create your own "I Care" post)
3. Make it a goal to post 1 "I Care" message each week separate from any course content to remind students that we're all in these uncharted waters together.

This is another opportunity to come together during tough times and exemplify what it means to be a part of the APSU family.

"I Care" Messages

Good Morning Sunshine!

As we just turned back the clocks for daylight savings time, the amount of sunshine in your life is going to take a dive, and so might your mood. Sunlight is directly related to alertness, mood, productivity, and sleep patterns. With darkness upon us in the afternoon, take time to get out and soak up the sun earlier in the day. Take your study session outside, go for a walk with a friend, or find a bench and enjoy the fresh fall air.

#GovsWearMasks

Thank you for your continued effort to stay safe this semester! As a reminder, face masks are required on campus. If you are currently experiencing any COVID-19 related symptoms or believe you have been exposed to someone who has tested positive, please complete the [APSU COVID-19 Reporting Form](#) and follow [guidelines](#) for quarantining and returning to class.



Some 'Finish Strong' Strategies

This has been a really challenging semester, and here we are in November. We've made it to the final stretch. Create a master checklist for each class of what you have left on your plate so nothing slips through the cracks as the final projects and papers pile up. Creating a master list and prioritizing it will make your load manageable and help with your productivity each day. Here is a sample of a master checklist...

Class	Task	Priority level	Attack plan	Due Date	COMPLETE
HHP 1XXX	Final Reflection Paper	1	Complete on Saturday 11/14	11/24	X
SOC 2XXX	Online Exam	1	Study on Tuesday & Thursday for 1 hour	11/18	

Feed a Gov

The Austin Peay State University Foundation has been working on the behalf of students in securing resources to support students who have experienced food insecurity or financial challenge due to COVID-19. The *Feed a Gov* program was made possible during the fall 2020 semester to directly benefit APSU students by providing meal and food relief.

For more information on voucher eligibility, visit <https://www.apsu.edu/feed-a-gov/index.php>.

As part of the grant's requirement, participants will need to complete a short survey identifying how the COVID-19 pandemic has affected their financial situation.

Feeling Connected From Home

Feeling connected to others is considered a fundamental need, and now that the semester has shifted to online only you might be feeling like it's difficult to stay connected. That's totally understandable, and this week I hope we can all take five minutes to feel connected. Here's a specific strategy for feeling connected in a socially distanced and safe way:

"Try to think of a time when you felt a strong bond with someone in your life. Choose a specific example of an experience you had with this person where you felt especially close and connected. This could be a time you had a meaningful conversation, gave or received support, experienced a great loss or success together, or witnessed an historic moment together. Once you've thought of a specific example, spend a few minutes writing about what happened. In particular, consider the ways in which this experience made you feel close and connected to the other person." Here's a link to this activity so you can read more about how and why this works: https://gqia.berkeley.edu/practice/feeling_connected



Let's Talk

As the semester comes to an end, you may be feeling overwhelmed with all you have left to do. Don't forget about the counseling services available to you here on campus. Let's Talk is a free teletherapy service. Speaking with a counselor in a confidential setting can provide support and encouragement, perspective, and help you explore helpful resources and options. https://www.apsu.edu/health-and-counseling/counseling/lets_talk.php

SCHEDULE - FALL 2020

Enter our virtual waiting room at www.doxy.me/APSULetsTalk

M	T	W	Th	F
Noon - 2 p.m. 4 - 6 p.m.	10 - Noon 3 - 5 p.m.	8 - 10 a.m. 2 - 4 p.m.	10 - Noon 3 - 5 p.m.	9 - 11 a.m. 1 - 3 p.m.

One-on-one, informal, brief, online consultations with therapists from APSU's Student Counseling Services 

Celebrate Your Achievements!

Congratulations on making it through the fall semester! You've accomplished a lot, and it's important to take a little time to reflect on your accomplishments. Take a moment and think about all you've done this semester, focusing on the time you put in and the circumstances that made finishing the semester possible. Were there times when things could have gone differently? Were there specific decisions you made that led you to this point? Now, imagine what your life would be like if you didn't make those decisions to get to this finish line in the semester. When we consider how things could have turned out differently, it helps us appreciate our accomplishments and enhances feelings of gratefulness. To learn more about this practice, click: https://qgia.berkeley.edu/practice/mental_subtraction_positive_events
I am proud of all you have done! Stay safe and healthy everyone!

"I Care" Messaging is an initiative of the Health Promotion Standing Committee.
November authors:

Kadi Bliss, Ph.D., MCHES®
Associate Professor, Health and Human Performance
Chair, Health Promotion Cmt.
blissk@apsu.edu

Shannon Haselhuhn, M.S., CHES®
Instructor, Health and Human Performance
haselhuhns@apsu.edu

